

Exercises: Affirmations

Welcome to the SURRENDER™ affirmation exercises. The affirmations included here are examples of statements that will help you be open to and get deeper advantages from the exercises in the book *SURRENDER™ to Passion: Worried to Wonderful in 28 Days* and help you relieve distress and change from panic to peaceful and passionate energy. These 9 sets of affirmations can also be used with the 9 Tips for Overwhelm Relief available to my email list, or any other 9-step SURRENDER™ to Passion programs.

You should sit in a peaceful area and practice deep breathing exercises before reciting affirmations several times each. You can speak them aloud, write them, sign them, sing them, whisper them, record them & play them back.

Chapter 1 - Release Pressure

- I can tell when the pressure is on.
 - I stop and shift focus when I am panicked or worried.
 - I am present and in the moment.
 - It is easy to put the brakes on when I need to slow down.
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Chapter 2 - Accept the Present

- I truly recognize that what has happened, has happened.
 - I am grateful for this moment of reflection.
 - I accept where I am right now.
 - I appreciate all the work I do.
 - I love who I am right now.
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Chapter 3 - A Handle on Time

- I accept projects with meaning in my life.
 - My time is my own—to share as I want to.
 - I find it easy to say “No” to projects outside of my purpose and desires.
 - I find it easy to tell which projects will fit with my dreams and goals.
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Chapter 4 - Saying “Yes” to Me

- I feel comfortable and confident about limiting my commitments.
 - When a project drains my energy, I comfortably let it go.
 - I commit only to rewarding projects.
 - I say “yes” to projects that excite me.
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Chapter 5 - Reality Check

- I can easily tell wants apart from shoulds.

- When I need something it is easy to change it to a want.
 - I seek out opportunities for honest feedback.
 - I have an easy time being open to constructive criticism.
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Chapter 6 - Taking Care of Myself

- I find it easy to add self-care into my routines.
 - Rather than bothering with unhealthy decisions, I find it's easier to make healthy choices.
 - I feel at ease everywhere I go.
 - It's easier and easier to want to do things.
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Chapter 7 - Blessing it All

- Thank you, Universe, for all the things that I have and experience.
 - Thank you, Life, for my friends and companions.
 - Thank you, Heart, for being able to give and receive love.
 - Thank you, Spirit, for my ability to be grateful for all of this.
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Chapter 8 - The Fires of My Desires

- It is so easy to know what I want.
 - What I want is growing into a deeper desire.
 - My desire is getting stronger with every breath.
 - My desire is on fire with every breath.
 - The feelings of love for what I want are burning with every beat of my heart.
 - I use the flames of my desires to melt all of my reluctance.
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Chapter 9 - Celebrating Myself

- It is so easy to make progress on my goals.
 - I love that I am making progress on my goals.
 - Every day I build more energy to live into my brightest future.
 - It is easy to reward myself for the things I do.
 - I am overjoyed to be on the right path.
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